

MARCH - APRIL 2007 EDITION

Unbridled VOICES

Inside

Why Weight?

Wellness Works.

Get Healthy Kentucky!

Lead the way in adopting healthy lifestyles by taking part in the Get Healthy Kentucky Governor's Challenge.





**COMMONWEALTH OF KENTUCKY
OFFICE OF THE GOVERNOR**

700 CAPITAL AVENUE
SUITE 100
FRANKFORT, KY 40601
(502) 564-2611
FAX: (502) 564-2517

April 2007

The Personnel Cabinet is leading the way toward a healthier Kentucky by encouraging state employees to participate in Wellness Works Kentucky and the Why Weight? program. Now, state employees can lead all Kentuckians in adopting healthy lifestyles by taking part in the re-energized *Get Healthy Kentucky* effort.

One fourth of Kentuckians do not get enough physical activity, almost a third have high blood pressure and more than a quarter of adults still smoke. Yet, we can do something about Kentucky's alarming rates of adult and childhood obesity and chronic disease by focusing on three areas: nutrition, physical activity and tobacco use.

The mission of *Get Healthy Kentucky*, which is operated by the Governor's Office of Wellness and Physical Activity within the Cabinet for Health and Family Services, is to provide opportunities for Kentuckians to improve their health and overall wellness. The program includes a Web site, www.GetHealthy.ky.gov to serve as a single source for age-appropriate tools and information about following a healthy diet, incorporating more physical activity into your day and how to begin a tobacco cessation program.

At the Web site, Kentuckians can join Team Get Healthy Kentucky or enroll in the Governor's Challenge, a program that encourages Kentuckians – young and old – to be physically active. The challenge is open to individuals and also to businesses, schools, faith-based organizations or any group which wants its members to work together to reach fitness goals. For employers, the Web site provides information on the benefits of establishing worksite wellness programs.

During the past several weeks, the First Lady and I have discussed the *Get Healthy Kentucky* program with people across our Commonwealth. Kentuckians everywhere are energized about *Get Healthy Kentucky* and making smart choices about their health. Every choice counts and by making the right ones, we can improve the health status of Kentuckians and create a healthy future for our state.

Glenna and I invite you to visit the Web sites for Wellness Works Kentucky and *Get Healthy Kentucky*, join Team Get Healthy Kentucky and take the Governor's Challenge. Do it today and start your own journey toward a healthy, active life.

Sincerely,

Ernie Fletcher, Governor
<http://governor.ky.gov/>



AN EQUAL OPPORTUNITY EMPLOYER M/F/D



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Governor Fletcher talks with students at St. Margaret Mary Catholic School about the importance of staying healthy.

Help Lead the Way to “Get Healthy Kentucky!”

Initiative Kicks off with Launch of Web Site & State Tour

State employees have already been introduced to “Wellness Works Kentucky,” launched through the Personnel Cabinet’s Department for Employee Insurance.

Now state employees can help lead the way for all Kentuckians to “Get Healthy Kentucky,” Governor Fletcher’s overall state initiative which officially kicked off in January with a new Web site and a state tour.

Get Healthy Kentucky (GHK) is a statewide wellness plan for all residents which includes access to reliable, unbiased information on the GHK Web site, www.gethealthy.ky.gov.



Governor and Mrs. Ernie Fletcher take their dog Abby for walk in front of Governor's Mansion.

When the public logs on to the site, they will learn more about the Governor's Challenge program, an innovative fitness program designed to help participants meet physical activity, nutrition and smoking cessation challenges.

"When I first envisioned Get Healthy Kentucky, I wanted something that would directly involve the residents of the Commonwealth and make sure each of us feel that we are a part of improving the health status of our state," said Governor Ernie Fletcher when he launched the GHK Web site. "With so much information out there, that can be a daunting challenge. *Get Healthy Kentucky* provides a

single, accurate source of health information along with personal challenges and promotions to inspire Kentuckians to lead healthier and, ultimately, more fulfilling lives."

Take the Governor's Challenge

Participants in the Governor's Challenge, can choose how to become and remain physically active. There are more than 100 activities from which to choose, allowing a fun and exciting bevy of *Get Healthy Kentucky* options.

Governor's Challenge participants can track progress on an activity log to indicate how far they've come and how close they're getting to meeting in-

dividual goals. Once the goal is set, there are three levels of achievement: bronze, silver and gold.

Kentuckians are already seeing the GHK logo and staff at events across the Commonwealth. These events help to spread the message about the program, giving the public a chance to sign up to take the Governor's Challenge. The first 1,000 citizens to join will receive a free Get Healthy Kentucky pedometer to begin their challenge.

The public can now log on to the *Get Healthy Kentucky* Web site to access reliable information about nutrition, physical activity and tobacco cessation. There is also a place to join "Team Get Healthy Kentucky" to receive a personalized membership card and information about exciting events and activities related to the program, special benefits for team members will be available in the near future.

The site also contains a host of other helpful resources, recipes and ways to adopt the Get Healthy message and start leading more active, healthy lives.

education

Office of Career and Technical Education (OCTE) Receives Accreditation

Kentucky's Office of Career and Technical Education (OCTE) and its KY Tech System of 55 state-operated area technology centers (ATC) have become the first secondary technical education school system in the nation to be accredited by the Southern Association of Colleges and Schools (SACS) – Council on Accreditation and School Improvement (CASI).

SACS provides regional and national accreditation, the purpose of which is improving student performance through continuous school improvements.

Kentucky Education Cabinet Secretary Laura E. Owens said the accreditation reflects the quality of career and technical education in the Commonwealth.

In the U.S. and overseas, SACS-CASI accredits more than 13,000 schools and school systems. Its mission is "to help schools improve student learning through accreditation."

OCTE is an agency of the Kentucky Education Cabinet's Department for Workforce Investment. OCTE administers 55 area technology centers, which are secondary schools that offer



(Left to right) OCTE Academic Consultant Wayne King, OCTE Executive Director David Billingsley and OCTE Division Director John Marks pose with KY Tech's SACS/CASI accreditation plaque and banner.

students hands-on training in business, graphics, construction, manufacturing, automotive and information technology fields, and health and human services.

Kentucky Ranks 9th in National Board for Professional Teaching Certifications in 2006

Teacher quality reached a new milestone in Kentucky in 2006 when the National Board for Professional Teaching Standards (NBPTS) announced that 218 Kentucky teachers were awarded the prestigious National Board Certification® (NBCT). This achievement recognizes these educators as among the top in the nation and promises to improve student learning in classrooms statewide. Kentucky showed a

31 percent increase in NBCTs over 2005. Kentucky now totals 1,116 NBCTs, ranking Kentucky 12th nationally overall.

The number of National Board Certified Teachers has more than tripled in the past five years. The top 10 states with the highest number of teachers achieving National Board Certification this year are North Carolina (1,525), Florida (1,513), South Carolina (636), Illinois (431), Washington (407), California (293), Oklahoma (282), Virginia (229), Kentucky (218), and Louisiana (207).

National Board Certified Teachers are nationally recognized among the best teachers in the profession. National Board certification measures a teacher's practice against high and rigorous standards. Teachers who have participated in National

Board Certification have overwhelmingly stated it is the most powerful development experience of their careers.

National Board Certification is voluntary and open to all educators who have a baccalaureate degree and three years of classroom experience in either a public or private school. For more information, visit www.kyepsb.net.

homeland security

Funding Helps Improve 911 Services Across Kentucky

Governor Ernie Fletcher announced the recipients of the first round of the 2007 911 Improvement Grants. The grants are designed to enhance services at Kentucky's struggling 911 centers. The awards were provided to eight local communities to upgrade 911 services from "basic 911" to "enhanced 911" and to assist existing E911 centers with the replacement and/or maintenance of equipment in need of immediate replacement. E911 improves the effectiveness and reliability of landline and wireless 911 services by providing 911 dispatchers with additional information on 911 calls.

The 2006 Kentucky General Assembly passed HB 656, later signed into law by Governor Fletcher, creating a grant fund designed to facilitate needed upgrades to 911 systems across

the state and to support improvement of the 911 infrastructure supported by Commercial Mobile Radio Service wireless carriers throughout Kentucky.

See Something, Say Something

The Kentucky Intelligence Fusion Center launched the "See Something, Say Something" statewide campaign – an effort aimed at improving crime prevention in Kentucky. The campaign urges citizens to report suspicious activity of any type to an anonymous toll-free tip line, 1-866-EYE-ON-KY (393-6659), or to local law enforcement tip lines.

1-866-EYE-ON-KY is an anonymous tip line, which allows Kentuckians to report any suspicious criminal or terrorist activity they see. Citizens may also issue a tip online by visiting www.homesecurity.ky.gov/tipline.

"Suspicious activity" can include:

- Persons asking unusual questions about building security.
- Persons taking pictures or video of buildings, bridges or other locations.
- Persons asking detailed questions about the schedules of public transportation.
- Persons seen timing the arrival/departure of public transportation.
- Persons seen loitering around non-public areas around reservoirs, water treatment plants, dams or power plants.

- Persons watching a building for extended periods of time.
- Suspicious vehicles parked in unusual places or at unusual times.

Analysts located in the Intelligence Fusion Center answer calls and records information for distribution to the appropriate local, state or federal law enforcement agencies.

For more information about the campaign, the tip line or others services provided by the Kentucky Office of Homeland Security, please visit, www.homesecurity.ky.gov.

kentucky state police

Kentucky State Police Promotes Three Officers

The Kentucky State Police announced the promotion of three officers at a ceremony held at KSP headquarters in Frankfort on Feb. 13, 2007. A new major, new captain and new lieutenant were commissioned.

Capt. Al Rich, a native and resident of Williamstown, was promoted to major and transferred from KSP Post 6 in Dry Ridge to the Administrative Division at KSP headquarters in Frankfort. Rich is a 28-year veteran of the agency.

Lt. Eddie Johnson, a Louisville native and current resident of Danville, was promoted to captain and transferred from the

KSP Academy to the Risk Management Branch at KSP headquarters in Frankfort. Johnson is a 23-year veteran of the agency.

Sgt. John Blanton, a native and resident of Salyersville, was promoted to lieutenant and transferred from the KSP Employee Assistance Branch in Frankfort to KSP Post in Madisonville. Blanton is a 16-year veteran of the agency.

“Together, these officers represent a total of 67 years of law enforcement experience with the Kentucky State Police,” said KSP Commissioner Jack Adams. “They are valuable assets who have honed their practical skills from the ground up through classroom studies and real world operations. We look forward to their future contributions that will help move the agency forward in fulfilling its public safety mission to the citizens of the Commonwealth.”

Winchester Police Department Rewards Students for Seat Belt Usage

It took three police cruisers to deliver more than 80 pizzas to Conkwright Middle School, but the effort was well worth it to students who took part in the free food. This effort was part of a seatbelt awareness campaign that the Winchester Police Department (WPD) recently promoted at four local schools.



Kentucky State Police Commissioner Jack Adams (left) and Deputy Commissioner Rick Stiltner (right) pose with Major Al Rich (second from left), Captain Eddie Johnson (center) and Lieutenant John Blanton (second from right).

In June 2006, Captain Kevin Palmer assigned plain clothed officers to covertly gather seatbelt usage numbers from Conkwright Middle, Clark Middle, Sheare Elementary and Fannie Bush Elementary Schools. Plain-clothes officers stood outside the various schools in the morning where parents were dropping off the students. The results of the seat belt campaign indicated that belt usage was very low – with one school showing only 17.5 percent of passengers wearing seat belts.

Captain Palmer outlined a “Battle of the Belts” competition between all four schools by conducting Pep Rallies at each school to inform students about the competition and educate students regarding seat belt safety. The school with the highest increase of seatbelt usage would win a school-wide pizza party.

The WPD sent letters home with each student to advise parents about the competition and the importance of seatbelt usage.

Captain Palmer reached out to community businesses and local government to assist with funding for the competition and the purchase of the pizzas.



Winchester Police Officer Robert Conlee serves pizza to Conkwright Middle School students as a reward for winning the seatbelt challenge.

Conkwright Middle School won the "Battle of the Belts" competition with a 271 percent increase in seat belt usage between June and December. Mike Menchen, Assistant Principle for Conkwright Middle School was proud of the students and the way that they responded to the competition.

Sheare Elementary School was a close second starting out with 23 percent seat belt usage among students and going to 64 percent seat belt usage after the competition. Kentucky's average seat belt usage rate is 67 percent.

Representatives from the Governor's Highway Safety Program were in attendance at the Conkwright Award Party.

libraries & archives

Got a Question? Ask a Librarian!

Do you ever need help locating statistics, journal articles, or historical information? Have you ever searched the Internet for the latest government or business information only to quit in frustration? Do you have problems knowing where to look for the information you need for your job? "Ask a Librarian" may be just what you need.

"Ask a Librarian" is an online research service designed to help you find the information you need. Questions, big and small,

can be submitted to the State Library's staff which will get you the answer you need – usually within 24 hours.

"Ask a Librarian" is easy to use. Just fill out and submit the Kentucky Government Employee Information Request Form at <http://www.kdla.ky.gov/research/asklib.htm>. You will receive a response via email, fax, phone, messenger or regular mail.

Use the "Ask a Librarian" research service the next time you have a question or comment. For more information on this and other services of the State Library, visit our Web site at www.kdla.ky.gov or call the reference desk at 502-564-8306 or 800-928-7000, ext. 342.

tourism

Kentucky State Parks Offer Golf Trail Cards for 2007

The best golf in Kentucky is now available at the 21 courses operated by the Kentucky Department of Parks. For 2007, the Kentucky Golf Trail is again offering a "trail card" that provides unlimited paid green fees for the cardholder.

The trail card fees have remained the same as the past two years. Trail cards are sold at all state park golf courses and are valid through Dec. 31, 2007. Cards start at \$350 for senior players (62 and older).

The trail cards can be used at all state park courses, including the seven "Signature Series" that offer championship play surrounded by some of the most scenic natural beauty the parks have to offer. For more information on the trail card, visit www.parks.ky.gov.

Kingdom Come State Park Ranger Danny Quillen is named Ranger of the Year



(From left) Deputy Parks Commissioner John Kington, Parks Commissioner J. T. Miller, Ranger Danny Quillen, Colonel Joey Hoover and Deputy Parks Commissioner Jerry Blanton.

Six Kentucky State Parks rangers were recognized for their excellent work and service during a ceremony held in Frankfort on Jan. 25, 2007.

Danny Quillen, a ranger based at Kingdom Come State Park in Harlan County, was honored as the overall "Ranger of the Year." A native of Lynch, Quillen, 37, has been a park ranger for seven years. He previously served as a police officer in Lynch and Cumberland. He represents the district covering Southeastern Kentucky.

The other rangers honored represent various regions across the state. Other district winners are Chad Campbell, the late Ron Thompson, Darrell Tomlinson, David Goode and Paul Evans. Rangers are recommended by their immediate supervisors based on criteria that include job performance, handling of investigations, initiative, dealing with park employees and visitors, training and dependability.

veterans affairs

KVCC at Fort Knox to open June 1 Construction Begins at Williamstown

On June 1, the 215th anniversary of Kentucky becoming a state, the Kentucky Department of Veterans Affairs (KDVA) will dedicate the newest state veterans' cemetery, Kentucky Veterans Cemetery Central (KVCC) in Hardin County.

"We're not just building a cemetery," said KDVA Commissioner Les Beavers. "We're building a national shrine."

Construction of the cemetery began in January 2007 and Phase I is nearly complete. Interments will begin following the dedication.

In Grant County, KDVA has begun construction on the Kentucky Veterans Cemetery North near Williamstown. It anticipates opening the cemetery in 2008.

KVCC in Hardin County is located on 98 acres on Highway 31W south of Bullion Gate at Fort Knox. The U.S. Department of the Army donated the land for the cemetery.

KVCN in Grant County is located on 99 acres off I-75 at mile marker one hundred fifty-four (154) in Williamstown. KDVA received the land for the cemetery through a joint donation from Grant County and the Grant County Industrial Authority.

Construction of each cemetery includes a Committal Shelter, Columbarium Wall, 3,600-square-foot administration building and a 4,400-square-foot maintenance building with service area. It also has appropriate parking, road network, walking path and landscaping commensurate with the dignity and honor of a state veterans cemetery.

Construction and initial equipment will cost \$8.95 million for KVCC in Hardin County and \$7.5 million for KVCN in Grant County. The U.S. Department of Veterans Affairs will reimburse the state for construction and initial equipment purchase, and the state will operate the cemeteries.

Kentucky's first state veterans cemetery opened in Hopkinsville in March 2004. By Feb. 1, 2007, Kentucky Veterans Cemetery West had interred 454 veterans and 95 dependents, including 10 veterans who died on active duty, eight of those in the War on Terror.

Do you have the smartest card?



Kentucky Department for
Libraries & Archives

Serving Kentucky's need to know

www.kdla.ky.gov

commerce

Volunteers Sought for Senior Olympics

The 2007 National Senior Games – the Senior Olympics is recruiting volunteers for the event that begins June 22, 2007, in Louisville.

Kate Killian, a spokeswoman said about 4,000 volunteers are needed for various positions, mainly during the two weeks of the competition and there is no age requirement.

More than 12,000 senior athletes are expected to compete in 18 sports.

For more information about volunteering, visit www.2007seniorgames.com/volunteers.htm or call 502-893-1940.

environmental & public protection

Earth Day 2007

Kentuckians will join others across the world in celebrating Earth Day on Sunday, April 22. Spearheaded by the Environmental and Public Protection Cabinet, a number of state agencies, local governments, businesses and organizations have joined together to celebrate Earth Day in the Commonwealth. The state government theme for Earth Day this year will be energy.

We all have a role to play in protecting the environment, and there is so much that we can do. Go to www.earthday.ky.gov to learn more about what you can do to protect the environment, or to submit your suggestions about what employees of the Commonwealth can do to make every day Earth Day.

All state government employees are encouraged to increase their personal recycling efforts at work and at home. Recycling is a powerful tool that conserves both energy and valuable natural resources.

You are also encouraged to take the ENERGY STAR Change a Light, Change the World pledge. The Change a Light, Change the World pledge asks people to replace one incandescent bulb with one compact fluorescent bulb (CFL). CFLs use at least 2/3 less energy than standard incandescent bulbs, which lessens air pollution and greenhouse gas emissions. Anyone who wants to take the pledge to “Change a Light” should go to <http://www.energystar.gov/index.cfm?fuseaction=cal.showPledge>, sign in, hit the arrow for the drop-down menu and click on “Kentucky Office of Energy Policy.”

People who are visiting from EPA’s homepage, should hit the link for “Appliances, Lighting...” on the far left to go to the page with a link to the “Change a Light Pledge.”

executive branch ethics commission

Livingston Taylor Ethics Award

Nominations for the Livingston Taylor Ethics Award will be accepted through June 30, 2007. This biennial award program was established by the Executive Branch Ethics Commission to recognize individuals, programs or agencies within the executive branch of state government for outstanding achievement and contributions in promoting the ethical conduct of executive branch employees.

For more information and to obtain a nomination form please contact Jill LeMaster or Daphne Criscillis at 502-564-7954.

health & family services

Language Access Program Receives National Recognition

The Language Access Program (LAP) in the Cabinet for Health and Family Services (CHFS) has been recognized as a national model for providing interpretation and translation services in the health community by the National Health Law Program (NHeLP).

The LAP provides interpretation and translation services to limited English proficient CHFS clients, mainly those whose primary language is Spanish. The program is administered under the cabinet’s Limited English Proficiency Language Access Section, established in 2003.

The LAP also provides interpretations and translations in up to 160 other languages through qualified community-based partners and Language Line Services, Inc.

All central office staff in the Language Access Section are highly qualified interpreters and translators. In addition to their translation duties, staff members also test and qualify CHFS employees as well as community partners, which consist of organizations and individuals, to become interpreters.

To read the full report online, visit the Commonwealth Fund’s Web site at <http://www.cmwf.org/>.

First e-Health Summit Successful

Governor Ernie Fletcher joined the Cabinet for Health and Family Services as the keynote speaker for the Kentucky e-Health Network Board’s inaugural e-Health Summit.

During his keynote address, Governor Fletcher touted the possibilities of e-Health, the term used to describe an electronic health care network. Joined by leaders in technology, health care and other business fields, the governor gave a broad overview of e-Health achievements in Kentucky and mapped future plans and goals to advance the field.

At the summit, Governor Fletcher also presented e-Prescribing grants, monetary awards for health care providers wishing to implement e-Health.

AmeriCorps Members Give Kentucky High Marks

Kentucky AmeriCorps members consistently rank their satisfaction with their programs higher than the national average, according to a recent survey.

The Federal Corporation for National and Community Service released findings of a national survey of AmeriCorps members that gauged satisfaction with state programs and service experiences.

In Kentucky, the AmeriCorps program is administered by the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the CHFS. Nine local programs are in operation across the state, providing services to meet community needs.

personnel

Workforce Planning Survey Complete

The Personnel Office for Employee and Organizational Development (OEOD) recently completed a workforce planning survey to determine the needs of government offices in the face of a potentially significant number of vacancies due to anticipated retirements in 2008. Seventy-nine percent of the respondents indicated the potential losses would affect their organizational units' ability to accomplish its mission, goals and objectives.

The survey was designed to assist agencies in determining their training needs for 2008 and beyond. The focus of this plan include organizational responsiveness, effectiveness and efficiency, retaining critical skills and critical positions, transferring skills, and making realistic staffing projections for budgeting.

The anticipated retirements can create opportunity and job growth for existing state employees who may have to learn new skills or transferred skills due to those employees about to retire.

tourism

"Choose Your Own Adventure Series" Three Ways to Experience State Parks

Looking for a bit more adventure as you plan your spring and summer trips? Take a look at the Kentucky State Parks new "Choose Your Own Adventure Series" that offers something for everyone.

The Family Adventure Quest is back by popular demand and is accompanied by two new adventures this year: the Backcountry Adventure Series and the Kentucky History Adventure Quest.

The Family Adventure Quest is similar to a scavenger hunt where participants must complete "quests" that can include anything from answering trivia questions to taking part in activities such as canoeing, pottery making and photography.

The Backcountry Adventure Series is designed for the adventurous type who isn't afraid to get a little dirty. Participants can climb through dark, muddy caves, enjoy a canoe excursion or pretend you're an early Kentucky explorer, hiking through Kentucky's beautiful forests.

The Kentucky History Adventure Quest challenges you to put on your thinking cap as you answer questions that can be answered on day trips or overnight stays across the state. The 30 questions relate to a state park or nearby historic site.

More information about these programs is available online at www.parks.ky.gov (click on the link for "Choose Your Own Adventure").

veterans affairs

Calling Women Veterans

There are more than 22,000 women among Kentucky's 352,000 veterans, who have served honorably in every conflict since the Revolutionary War. Women have served in every one of the five services, in every rank, in every country around the world where U.S. military members serve. They have given their lives while supporting combat operations, they have earned citations as high as the Medal of Honor, and they suffer from post-traumatic stress disorder as do their male comrades.

They also are far less likely to seek out and obtain the veterans' benefits and services they have earned.

On April 21, women veterans will find the services and programs available to help them with education, job training and placement, housing, health care, child care, family counseling and other needs.

The first Women Veterans Healthcare and Benefits Bazaar at the Leestown campus of the Lexington VAMC will also feature:

- Veterans benefits counseling
- Small-business entrepreneurship
- Massage, facials, aromatherapy
- Door prizes and more

If you are a woman who has served in any branch of the military, active or reserve, or know a woman who has served, don't miss this historic event. For more information, visit our website at www.kdva.net or call or email Barbara Hale, BarbaraA.Hale@ky.gov, toll-free 1 (800) 928-4012.

Spotlight

Meet State Librarian & Commissioner: Wayne Onkst

Wayne Onkst is now several months into his new job as state librarian and commissioner for the Kentucky Department for Libraries and Archives. Onkst formerly served as director of the Kenton County Public Library for the last 7 years, working his way to the top from the position of reference librarian after graduating from the University of Kentucky in 1978. Onkst replaced retired State Librarian James Nelson in October. Similar to Onkst's longevity with Kenton County, Nelson served the state library system for 26 years.

During his tenure at the Kenton County Public Library, Onkst guided the location and development of two major library branches costing \$17 million, and created the Kentucky County Public Library Foundation. He also led a major expansion of the library's children and outreach services, and worked with Ashland Inc. to establish the Read Racer program, which delivers materials to pre-school children in 35 sites throughout Kenton County.

As state librarian, Onkst will be responsible for statewide library development and management, and preservation of public records in Kentucky. Currently, the state archives hold 247 million pages or 18.5 miles of critical public records dating from 1780 to the present in

99,000 cubic feet of space. It holds invaluable documents such as letters signed by President Abraham Lincoln, a deed signed by Patrick Henry, archival drawings and plans of the state capitol building, and governors' records going back to Gov. Isaac Shelby.

"Jim Nelson and the staff at the Kentucky Department for Libraries and Archives have provided dedicated service in building Kentucky's libraries and preserving our heritage with the state archives. We will work to continue this mission in serving Kentucky's need to know and acquiring the additional space for preserving the state's permanent records," Onkst said.

Onkst said during his career he has enjoyed pursuing his lifelong interests of history and genealogy, and working with children. He has written and edited several genealogy resources, including "Buffalo Trails to the Twenty-First Century: A Centennial History of Erlanger."



Wayne Onkst, State Librarian and Commissioner for the Department of Libraries and Archives.

In 2001, Onkst received the Children Inc. award for "innovative services that imagine a better tomorrow for children" and in 2005 he was presented the Sullivan Award by the American Library Association for public library administrators supporting services to children. He is a graduate of Leadership Northern Kentucky (2001), former president of the Greater Cincinnati Library Consortium, and former president of the Kentucky Public Library Association.

For information about the Kentucky Department for Libraries and Archives, visit <http://www.kdla.ky.gov/> or call 502-564-8300, ext. 315.



Pregnant Women Should Get a Flu Vaccine

Pregnancy can increase the risk for complications from the flu, such as pneumonia, making it even more important for expectant mothers to get a flu vaccine.

In fact, pregnant women are more likely to be hospitalized from complications of the flu than non-pregnant women of the same age. For this reason, as well as other health concerns, officials from the Kentucky Department for Public Health (DPH) urge expecting mothers to get a flu vaccine before the onset of the peak flu season, which typically occurs in Kentucky in February or March.

In 2004, the U.S. Advisory Committee on Immunization Practices and the Centers for Disease Control and Prevention recommended that

who are or become pregnant during the flu season should receive a flu shot. The American College of Obstetricians and Gynecologists agrees with this recommendation.

DPH reports that pregnant women who are expected to deliver during flu season should be vaccinated because they will be household contacts of their newborn (the vaccine is not recommended for infants 6 months of age or younger). Vaccination of the mother and all other household contacts before birth is the most effective measure to prevent viral infection of flu in infants less than 6 months old.

Be Through with Chew: DPH Encourages Kentuckians to Give up Smokeless Tobacco

In an effort to draw attention to the hazards of smokeless tobacco

use, the Kentucky Department for Public Health's (DPH) Tobacco Prevention and Cessation program is encouraging Kentuckians to be "Through with Chew."

"Through with Chew," a public awareness campaign held during the month of February was aimed at decreasing spit tobacco use and increasing knowledge of its negative health effects. Like its counterpart, the Great American Smoke Out, users of spit tobacco were encouraged to quit for the day.

Like cigars and cigarettes, smokeless tobacco products contain a variety of toxins associated with cancer. At least 28 cancer-causing chemicals have been identified in smokeless tobacco products. Smokeless tobacco can cause oral cancer, especially in the cheeks, gums and throat. Users are up to 50 times more likely to get

oral cancer than non-users. Only one-half of the number of people diagnosed with oral cancer are still living five years after diagnosis.

Signs or symptoms of oral cancer:

- A mouth sore that fails to heal or that bleeds easily
- A white or red patch in the mouth that will not go away
- A lump, thickening or soreness in the mouth, throat or tongue
- Difficulty chewing or swallowing food

"The use of smokeless tobacco can also lead to other oral problems, such as mouth sores, gum recessions, tooth decay, bad breath and permanent discoloration of teeth," said Jim Cecil, D.M.D., administrator of the state Oral Health Program for DPH.

The most recent data indicates that nearly 5 percent of Kentucky adults use some form of smokeless tobacco. According to the 2006 Kentucky Youth Tobacco Survey, use of smokeless tobacco is generally decreasing among Kentucky's youth.

- Use by high school students decreased from 15 percent in 2004 to 13 percent in 2006.
- Use by middle school students decreased from 11 percent in 2002 to 8 percent in 2006.
- Some teens may try a tobacco product. This is defined as lifetime use (i.e. they've tried it sometime in their life).
- From 2004 to 2006, lifetime use among high school teens remained the same at 31 percent.
- Middle school lifetime use decreased from 22 percent in 2002 to 18 percent in 2006.

Oral cancer kills quickly, according to the American Academy of Otolaryngology. The early signs of oral cancer most frequently occur at the site where spit tobacco is held in the mouth. Leukoplakia, a white, leathery-like patch, forms in the mouth at this site and is considered pre-cancerous.

Kentucky has also been addressing the hazards of spit tobacco use with the "Quit Spit Kit." The kits have

been distributed to schools, dentist offices, and 4-H Club extension agents as part of the HEEL program (Health Education Through Extension Leadership) in all 120 counties. The kits contain an educational video about spit tobacco use and informational brochures to distribute to students.

Mouth and throat cancers are the sixth most common cancers among males in the United States and the fourth most common among African-American men. Approximately 75 percent of oral cavity and pharyngeal cancers are attributed to the use of smoke and smokeless tobacco. For help quitting, call Kentucky's Tobacco Quit Line at 1-800-QUITNOW (1-800-784-8669).

SADDLE UP!

**Enter now for a chance to win a
2007 Ford Mustang GT convertible**



Support Disadvantaged Children by Purchasing a Raffle Ticket to Benefit the Kentucky State Police's Trooper Island

Raffle tickets are \$10 and can be obtained by contacting any Kentucky State Police post or by calling the KSP Media Relations Branch in Frankfort at 502-695-6344.

For locations and phone numbers of Kentucky State Police posts, visit:

www.kentuckystatepolice.org

The drawing will be held at the KSP exhibit during the Kentucky State Fair at 4:00 p.m. EST on Sunday, Aug. 26, 2007. Ticket holders need not be present to win.

Trooper Island is part of a long-range program of public service to the disadvantaged youth of Kentucky. It is a non-profit organization that serves approximately 700 boys and girls ages 10 to 12 each summer.

Participants must be at least 18 years old. The winner is responsible for all taxes and license fees. This raffle is being conducted via Charitable Gaming License #0000633.